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ABSTRACT

This document contains a draft of the University of Northern Colorado (UNC) drug and alcohol policy, a description of UNC drug prevention/education programs and an alcohol use survey. After a preamble and university policy statement regarding drugs and alcohol, a section on alcohol details university regulations conforming to City of Greeley and Colorado laws. Included are regulations governing the presence of alcohol at university functions and special events as well as a section on admission charges for functions held by non-profit organizations. A second section on drugs reiterates the UNC prohibition of illegal drug use, lists resources for those with drug or alcohol problems, enumerates actions that may be taken when the University Police Department is called, and lists sanctions that the administration may invoke for policy violations. Attached is an article describing the drug prevention/education program developed at UNC after a 1988 survey of alcohol use showed disturbing patterns among the students. Appended is information on the UNC Drug and Alcohol Awareness Task Force, the Center for Alcohol Resources and Education for Students, alcohol and drug abuse evaluation, a special class for students involved in drug/alcohol incidents, a peer counseling program, curriculum infusion modules, training sessions for athletic teams, support groups, a resource center, and a Weld Safety Network involving automobile safety. Attached is a copy of the UNC Alcohol Use Survey. (JB)

UNIVERSITY OF NORTHERN COLORADO DRUG AND ALCOHOL POLICY [and] DRUG PREVENTION/EDUCATION PROGRAM AT UNC [and] UNIVERSITY OF NORTHERN COLORADO ALCOHOL USE SURVEY.

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The ERIC Clearinghouse on Higher Education has been given federal funds to process a special collection of policy, program and curriculum documents produced by the Network of Colleges and Universities Committed to the Elimination of Drug and Alcohol Abuse, a coalition of institutions initiated by the Department of Education, Office of Educational Research and Improvement in response to the 1989 Drug Free Schools and Communities Act.

Major objectives of the project are to:

- increase access to the information on programs, policies, and curricula developed by Network member institutions;
- encourage the use of the ERIC system by Network member institutions;
- improve the Network's ability to know about, and share information on activities at member institutions; and
- test a model for collaboration with ERIC that other national agencies might adopt.

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DRAFT III

UNC Drug and Alcohol Policy:

Preamble

The University strives to create a healthy environment, one in which the high risk use of alcohol and the use of illicit drugs does not interfere with learning, performance, or development.

Substance abuse disrupts this environment and places at risk the lives and well-being of the members of the University community as well as the potential of students for contribution to society. It is important for all members of the University community to take responsibility for preventing the illegal or high risk use of alcohol or other drugs from negatively affecting the community's learning environment and the academic, physical, and emotional well-being of its students.

University Policy Statement

The University of Northern Colorado prohibits the unlawful possession, use, or distribution of drugs and alcohol by all members of the University community (students, faculty, staff, alumni, and guests). Individuals who violate this policy shall be subject to discipline, termination, dismissal, debarment, arrest, or citation as applicable. Additionally, employees or students who violate this policy may be required to participate satisfactorily in drug abuse education, counseling, or rehabilitation programs approved by the University.

I. ALCOHOL

The University of Northern Colorado neither encourages nor discourages the use of alcoholic beverages (includes 3.2 and 6% beer, vinous or spirituous liquor), but does condemn the misuse/abuse and illegal use of alcoholic beverages. All members of the University community (students, faculty, staff, alumni, and guests) are responsible for making decisions about their behavior within the context of Colorado and the City of Greeley laws and University regulations. In addition, individuals must always be aware of the rights of others within the University and local community.

The following regulations of the University of Northern Colorado conform to the City of Greeley and Colorado laws and regulations affecting alcohol consumption.

1. No person under legal drinking age in Colorado may have in his/her possession or consume malt, vinous or spirituous liquor on the University of Northern Colorado campus and/or properties owned by the University, or as part of any of its activities.

2. Persons of legal age who adhere to the following responsible drinking guidelines may consume alcoholic beverages on campus.

A. Individuals who possess or consume alcoholic (or non-alcoholic) beverages will not litter University grounds.

B. Individuals who possess, are consuming, or are under the influence of alcoholic beverages will not engage in abusive language or behavior or infringe upon the rights of any person.

C. Individuals who possess, are consuming, or are under the influence of alcoholic beverages will not abuse University or local property.

3. Individuals may not possess or consume alcohol in classrooms and academic or administrative buildings unless prior approval is obtained from the Vice President of Student Affairs or his/her designee.

4. When a group schedules use of University property for an organized function, it will be required to designate if alcohol will be consumed. If alcohol is to be consumed at an organized function, the group shall adhere to the UNC Alcohol Policy, the State of Colorado, and the City of Greeley laws and regulations. Campus areas are available for scheduling functions at which alcoholic beverages will be served or consumed. However, permission for scheduling University facilities for organized events will be determined through the University Conference and Reservation Office.

A. The sponsoring group shall be responsible for assuring that no one under legal age is allowed to consume, possess, or have access to that alcoholic beverage.

B. The sponsoring group shall regulate the consumption of alcohol at the event to assure that intoxicated individuals are not served alcohol. The sponsoring group shall promote responsible use of alcohol.

C. The sponsoring group shall take reasonable steps to prevent persons from driving a motor vehicle while impaired or intoxicated.

Advertisement of Events: The University of Northern Colorado encourages the celebration of events. These celebrations are usually accompanied by food and drink which may include alcoholic beverages. The advertisement of such events on campus by sponsors shall not promote the misuse/abuse of alcoholic beverages. Publicity shall focus on the event and not emphasize the consumption of alcoholic beverages. Mention of alternative beverages and food must be included if alcohol is mentioned in the advertisement. Advertisements must include the statement: "The University of Northern Colorado prohibits the irresponsible and illegal consumption of alcoholic beverages."

Admissions Charge for Functions Held By Non-Profit Organizations: Groups or organizations which are incorporated for non-profit reasons may charge admission to members and their guests attending a social function and alcoholic beverages may and non-alcoholic beverages may be served by the drink, at no charge per drink. If alcoholic beverages are to be served, a special permit must be obtained.

When a special permit is necessary to sell alcoholic beverages, it must be obtained from the city or state agency before the event is scheduled. In addition, a security plan approved by the University Police Department must be submitted to the Conference and Reservation Office before the event is scheduled.

As long as alcoholic beverages are served in either type of event, food and a variety of popular non-alcoholic beverages must be served. If alcohol is served by the drink, the price of the non-alcoholic beverage may not exceed the price charged for the alcoholic beverage. It is encouraged that non-alcoholic beverages be served free of charge and provided to persons who are designated drivers or who desire to abstain from alcoholic beverages.

5. Open containers are prohibited on the UNC campus, except at designated areas or scheduled events at which alcohol is sold, served or consumed. These events shall be scheduled through the University Conference and Reservations.

6. Beverages in glass containers may not be consumed in areas adjacent to the residence halls, parks, athletic fields, or practice fields because of the obvious safety factors.

7. Individuals are expected to be in compliance with additional alcohol policies in effect in other areas of the campus which may be more restrictive than this policy. Other policies include, but may not be limited to, the residence halls, intramural and athletic programs, and the University Center. These policies and procedures can be found in the Residence Hall Handbook, Intramural handbook, and the University Scheduling Office.

II. Drugs

The university prohibits the unlawful or unauthorized manufacture, distribution, dispensing, possession or consumption, sale or use of controlled substances on or in university-owned or controlled property or in the course of university business or activities. Individuals or entities including, but not limited to, students, employees, contractors, agents, volunteers or invitees, who violate this policy shall be subject to discipline, termination/ dismissal, debarment, arrest or citation, as applicable. Additionally employees or students who violate this policy may be required to participate satisfactorily in a drug abuse assistance or rehabilitation program approved by the university.

Procedures for Enforcement of Alcohol/Drug Policy

Any member of the University community who observes a violation of this policy or becomes aware of an individual with an alcohol/drug related problem on campus is encouraged to seek assistance from the appropriate resources:

Drug Prevention/Education Program
Health Center
Counseling Center
University Police Department
Residence Life Officials
Office of the Vice President
for Student Affairs
Colorado State Employee Assistance Program

Sanctions for Violations of Alcohol/Drug Policy

When the University Police Department is called, any one of the following actions or combinations thereof will be taken:

a. Warn and release
b. Issue a summons
c. Physically book into jail (when other crime is involved)
d. Take to detoxification center
e. Refer for administrative action

Administratively, any one or a combination of the following sanctions may be invoked for violation of the alcohol/drug policy:

1. Referral for alcohol/drug education
2. Referral for professional alcohol/drug evaluation
3. Referral for counseling/treatment
4. University Disciplinary Action
    a. Departmental or organizational
    b. University Disciplinary sanctions for misconduct as stated in the Rights & Responsibilities for Students.
4. Restricting individual or group privileges
5. Penalties as otherwise prescribed by law

Drug Prevention/Education Program at UNC

The University of Northern Colorado (UNC), located 60 miles northeast of Denver, enrolls 8,531 undergraduates and 1,708 graduate students.

When the University of Northern Colorado in Greeley conducted a student use survey in 1988, it found patterns of alcohol and drug use consistent with national data from college campuses—unsettling data that showed rates of abuse far above the general population. Slightly more than 90% of the students drank alcoholic beverages, while *nearly half* of the students in the survey displayed evidence of heavy drinking. 47% of the respondents believed that a student friend had a drinking problem, and the majority of students felt that between 51–75% of their peers used marijuana occasionally or regularly.

While some kinds of prevention efforts had existed at UNC since 1978, there had never been a designated office at the institution to unify the efforts of various campus and community groups and to increase the programs and services available to students. The situation changed in 1988, when the University received a FIPSE grant from the U.S. Department of Education. The grant fostered the development of the Drug Prevention/Education Program, which coordinates the prevention activities of students, faculty members, administrators, and community organizations.

The Drug Prevention/Education Program (DPEP) was established to meet three goals:

- To improve the University's drug-related policies, procedures, programs, and resources;
- To promote a drug-free campus through prevention programs, thereby creating an environment which maximizes learning; and
- To extend and improve the collaborative relationship between the University and the community to enhance and promote drug and alcohol education and prevention.

The Program, supported since its inception by top university administrators including President Dr. Robert Dicke - son, addresses these goals through a variety of components:

Drug & Alcohol Awareness Task Force: Though its existence predated the FIPSE grant by almost ten years, the Drug and Alcohol Awareness Task Force now works in close conjunction with the DPEP. The Task Force is composed of interested students, faculty, staff, and community members; this latter group includes representatives from alumni groups, treatment facilities, Weld County Social Services, and the District Attorney's office. The Task Force wrote the initial grant proposal with the campus Health Educator, and now advises the coordinator of the Program. In cooperation with the coordinator, it plans activities to address alcohol/drug use problems at the university.

The Peer I Educators, shown here at a retreat in Estes Park, give informational presentations and refer student experiencing substance abuse or other serious problems.

Center for Alcohol Resources & Education for Students (CARES): Funded by the Student Representative Council, CARES represents the merger of several student organizations, including BACCHUS and SADD, whose primary purpose is to promote the responsible use of alcohol among college students. Students work in coordination with community groups to promote designated driver programs and alcohol-free events. CARES sets up a "mocktail bar" for student, faculty, and staff gatherings.

Alcohol/Drug Abuse Evaluation: Once a week, a trained substance abuse counselor from a local treatment facility comes to the Student Health Center to provide free drug/alcohol abuse evaluations for students. Individuals who are suspected of substance abuse problems are usually referred to the DPEP coordinator by residence halls, fraternities and sororities, and faculty members. The coordinator conducts an initial interview and, if appropriate, refers the student for an evaluation and/or for the SUI Class or Drug Information Group, described below.

Students Under the Influence (SUI) Class: Students involved in drug/alcohol-related incidents in their residence halls, fraternities, or sororities are required to attend this 3-hour, non-credit class. It covers the physical effects of drugs and alcohol, the characteristics of dysfunctional families, and decision-making and goal-setting processes.

Students who are believed to have a chronic drinking or drug problem are referred to a 7-week Drug Information Group, based upon a model developed at the Johnson Institute. The Group helps students to assess their own alcohol/drug use and look at the effects of substance abuse on their own lives. Students who continue to violate the University's alcohol/drug policies after participation in a SUI or Drug Information Group are asked to voluntarily enter a treatment program or face suspension or expulsion. Students re-entering the University after treatment can enroll without penalty.

Peer I Program: Based on the Advocates for National Greek Leadership and Education (ANGLE) model [see the Spring 1990 Issue of *Insights*], UNC's Peer I Education program recruits and trains students to give informational presentations and to refer students experiencing substance abuse or other serious problems. Twenty peer educators, representing fraternities, sororities, Army ROTC, Hispanic and Black cultural centers, and residence halls, make a one-year commitment to be part of the program, and receive two credit hours from the Community Health Department.

The Peer I students learn to speak about and answer questions on a variety of topics, such as alcohol and drug abuse, sexual assault, sexually transmitted diseases, eating disorders, grief and suicide, and children of alcoholics. Most of the fraternities, sororities, and residence halls regularly host talks given by the peer educators, and faculty members also request peer presentations for their classes. The program coordinator estimates that students will do over 40 presentations this academic year.

Curriculum Infusion: Each semester, between 30 and 40 faculty members integrate modules on alcohol/drug issues into the classes that they teach. An economics professor describes the "Economics of the Drug Industry" to his students; a biology instructor discusses fetal alcohol syndrome and prenatal nicotine effects; a graduate-level psychology course includes an in-depth examination of addictive behavior in couples and families. Dozens of other examples of curriculum infusion take place in classes as diverse as business, English, computer science, Spanish, human services, music, physical education, marketing, and aerospace studies.

Most of these special classroom presentations are done in conjunction with campus-wide events sponsored by the DPEP, such as Alcohol and Drug Awareness Weeks. One week before the beginning of each semester, the program coordinator sends to all instructors a notice explaining the events and listing the presentations that have been developed by other faculty members; a pledge sheet is also enclosed to invite faculty participation. The program coordinator will arrange for films or guest speakers if the instructor prefers this option.

For their part in developing modules related to substance abuse prevention, instructors receive a certificate of appreciation from the academic vice-president, and are publicly thanked in a newspaper ad taken out by the DPEP staff.

Athletics: Starting this academic year, the DPEP staff was invited to conduct two-hour training sessions with each of twelve athletic teams on campus. Using a model developed by Health Promotions in Minnesota, the DPEP staff first met with team members and invited them to discuss alcohol/drug issues affecting individuals and the team as a whole. After the athletes voiced their concerns, they were encouraged to set up mutually-agreed upon guidelines around those concerns. These guidelines covered such areas as drinking behavior and ways to support and refer troubled teammates.

Based on evaluations from this year's training sessions, the program coordinator plans to expand the program for next fall semester. Starting in September of 1991, DPEP will conduct a three-part training program: they will meet first with coaches, then with the captains, and finally with the individual teams to discuss substance abuse problems and solutions.

Support Groups: Two self-help support groups—Alcoholics Anonymous amd Narcotics Anonymous—meet weekly on campus and are open to anyone wishing to attend. Additionally, the University Counseling Center offers a therapy support group which explores how being raised in an alcoholic or otherwise emotionally repressive family can continue to influence behavior and feelings.

Resource Center: The Drug Prevention/Education Office is a resource center for information on drug/alcohol issues and community and campus resources. Faculty, staff, and students are encouraged to use the resource center to obtain books, articles, pamphlets, videos, names of speakers, and phone numbers for community agencies and groups.

Weld Safety Network: The program coordinator is a member of the Weld Safety Network, a community organization that works on injury prevention projects such as seat belt use and impaired driving deterrence. The Network includes representatives from the city's recreation department, retail businesses, an insurance company, treatment centers, the Red Cross, and the local Health Department.

The network sponsors an annual 5K run/walk during National Collegiate Alcohol Awareness Week to raise funds for the promotion of sober driving; this last year, 140 participated. Members of the Network are currently engaged in writing a grant to involve the University's Peer I educators in training high school students to do impaired driving prevention.

Funding: While the Drug Prevention/Education Program recently ended the two-year period of FIPSE grant funds, the University has made a continuing commitment to support the program. DPEP is currently being jointly funded by the Student Health Services and the Office of Residential Life.

For more information on these programs, contact Ann Quinn-Zobeck, Coordinator, Drug Prevention/Education Program, University Center, University of Northern Colorado, Greeley, CO 80639, (303) 351-2573. ■

UNIVERSITY OF NORTHERN COLORADO
ALCOHOL USE SUPVEY

Dear Respondent:

You have been selected to participate in a survey designed to determine student perceptions about the nature of alcohol use at UNC. Please take a few minutes of your time to answer and return this questionnaire. Your cooperation is needed to understand the part alcohol plays in our lives. Be assured that your responses will remain anonymous. Please place your responses on the answer sheet provided and omit questions that do not apply. (Do not sign the questionnaire or the response sheet.)

1. Sex
   a. Male
   b. Female

2. Age
   a. 17-18
   b. 19-20
   c. 21-22
   d. 23-24
   e. 25 or over

3. Marital Status
   a. Single (never married)
   b. Married
   c. Separated
   d. Divorced
   e. Widowed

4. Race/Ethnic Origin
   a. Foreign student
   b. Hispanic
   c. White (not of Hispanic)
   d. American Indian - Alaskan Native
   e. Black (not of Hispanic origin)

5. Living Situation
   a. University residence hall
   b. Off campus house or apt.
   c. Fraternity or sorority
   d. With parents or relatives
   e. Other

6. Religious Preference
   a. Roman Catholic
   b. Protestant
   c. Jewish
   d. Other
   e. None

7. Class Standing
   a. Freshman
   b. Sophomore
   c. Junior
   d. Senior
   e. Graduate

8. What type of alcoholic beverage do you use most often?
   a. Beer
   b. Wine
   c. Liquor
   d. Do not drink alcoholic beverages

9. On the average, how often do you drink alcoholic beverages of anv kind?
   a. Evervday
   b. Four to six days per week
   c. One to three days per week
   d. Approximately once a month
   e. Two or three times a year

10. When drinking alcoholic beverages, on the average how much do you consume at any one time? (Note: 12oz. of beer, 6oz. of wine, or 1½oz -- shot-- of liquor)
   a. More than six drinks
   b. Four to six drinks
   c. Two to three drinks
   d. One to two drinks

HOW OFTEN DO YOU USE ALCOHOLIC BEVERAGES IN THE FOLLOWING PLACES?
(a = frequently; b = occasionally; c = seldom; d = never)

11. Your own off-campus house or apartment

12. A friend's house or apartment

13. In the residence hall or other university housing

14. In a fraternity or sorority house

15. In the student union

16. Night clubs and bars

17. Restaurants

HOW OFTEN DO YOU DRINK FOR THE FOLLOWING REASONS?
(a = frequently; b = occasionally; c = seldom; d = never)

18. To facilitate study

19. To get along better on dates

20. To relieve fatigue or tension

21. To be sociable

22. To help relieve aches and pains

23. Enjoyment of taste

24. In order to not to be shy

25. To aid in forgetting disappointments

26. For a sense of well-being

27. To get high

28. To get to sleep

29. Nothing better to do

30. Because my friends are drinking at the time

31. To get drunk

SINCE THIS TIME LAST YEAR, HOW OFTEN HAVE YOU .....
(a = frequently; b = occasionally; c = seldom; d = never)

32. Worried about the long-range consequences of your drinking

33. Had a hangover from drinking

34. Been nauseated or vomited from drinking

35. Driven a car after having several drinks

36. Driven a car when you knew you had too much to drink

37. Driven a car while drinking

38. Attended class after having several drinks

39. Cut a class after having several drinks

40. Missed a class because of a hangover

41. Been criticized by a friend or someone you were dating because of your drinking

42. Been stopped by the authorities for driving while intoxicated

43. Been in trouble with the law because of drinking

44. Received lower examination grades because of drinking

45. Been into trouble with the school administration because of your behavior after drinking

46. Been involved in a fight after drinking

47. Damaged property after drinking

48. Done things after drinking that you did not like and that you normally would not do

49. Been involved in an accident (auto or other) after drinking

AWARENESS OF OTHER STUDENT'S DRINKING

(a = yes; b = no)

50. Do you have a student friend whom you think might have a drinking problem?

51. Have you talked with your friend about his/her drinking problem?

52. Is your friend aware of her/his drinking problem?

53. Has your friend tried to get help for his/her drinking problem?

KNOWLEDGE OF THE DRUG ALCOHOL

(a = true; b = false)

54. Drinking milk before drinking an alcoholic beverage will slow down the absorption of alcohol into the body.

55. Alcohol is usually classified as a stimulant.

56. With respect to driving, a blood alcohol concentration of .05 to 0.1 percent is the legal definition of driving while ability impared and over 0.1 percent is driving under the influence in the state of Colorado and in most states.

57. Liquor mixed with soda pop will elevate you faster than liquor drunk straight.

58. A 150-pound person to keep his blood alcohol concentration below the legally intoxicated level would have to drink less than three drinks in an hour.

59. It takes about as many hours as the number of beers drunk to completely burn up the alcohol ingested.

60. Proof on a bottle of liquor represents half the percentage of alcohol contained in the bottle.

61. Beer usually contains from 2 to 12 percent alcohol by volume.

62. Eating while drinking will have no affect on slowing down the absorption of alcohol in the body.

63. Drinking strong black coffee or taking a cold shower can be an effective way of sobering up.

64. Liquor taken straight will effect you faster than liquor mixed with water.

65. Downers have the opposite effect on your body than does alcohol.

SELECTION OF HELPING RESOURCES: IF YOU KNEW OF A STUDENT FRIEND WITH A DRINKING PROBLEM, WHERE WOULD YOU SUGGEST HE/SHE GO TO GET HELP?

(a = yes; b = no)

66. Student Health Center

67. University Counseling Center

68. Clergyman

69. Resident Hall Assistant

70. Crisis Center phone

71. Alcoholics Anonymous

72. Would you call an Alcohol Information/Crisis line for help if you thought you had a drinking problem, and such telephone line were available?
    a. = yes
    b. = no
    c. = unsure

WHAT PROPORTION OF UNC'S STUDENT POPULATION DO YOU THINK HAVE USED THE FOLLOWING DRUGS FOR RECREATIONAL PURPOSES?

(a = less than 10%; b = 11-25%; c = 26-50%; d = 51-75%; e = 76-100%)

73. Marijuana

74. Alcohol

75. Barbituates (downers)

76. Hallucinogens (LDS, peyote, etc.)

77. Amphetamines (stimulants)

78. Narcotics (cocaine, etc.)